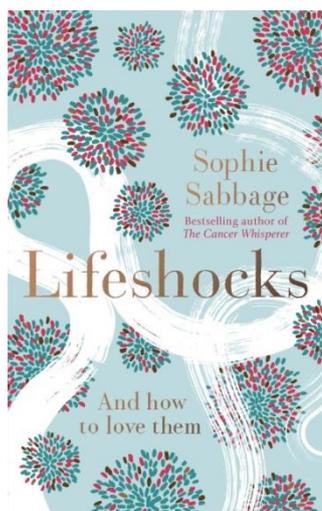


**HAVE YOU EVER WONDERED IF LIFE IS TRYING TO TELL
YOU SOMETHING?**



LIFESHOCKS

And How To Love Them

Sophie Sabbage

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This is a book about all the unwanted and unexpected moments in our lives. They surprise us, they blindside us. They shock us. They command our attention. Some bounce off us, other strike deep into our being. These moments are collision points between life as we perceive it and life as it actually is. These are lifeshocks.

In this ground-breaking book Sophie explains how lifeshocks awaken us by challenging us to see what we are missing – not just through significant, life-changing events like bereavement, divorce, redundancy or abuse, but through the unexpected moments of our daily lives.

Most uniquely, Sophie focuses on three kinds of lifeshocks we all receive: limiting lifeshocks which challenge our arrogance and appetite for control; exposing lifeshocks which challenge our affectations and pretences; and evoking lifeshocks which challenge our closed-heartedness. Ultimately, she shows how these lifeshocks can bring healing, transformation and peace if we only knew how to decipher their messages.

All this unfolds through deeply personal stories – her own and some of the people she has worked with and served. She uses her own experience of consciously engaging with lifeshocks for more than half her life through the teachings of her long-time mentor, Dr. K. Bradford Brown.

Between chapters there are tools and practices to help readers engage with the philosophy Sophie is sharing, which is rooted in decades of application in diverse contexts.

Lifeshocks shows us how we can move on with our lives, lighter, freer, braver and more loving than before no matter what life throws at us.

SOPHIE SABBAGE

For sixteen years Sophie Sabbage was mentored by Dr. K. Bradford Brown. He was a clinical psychologist, psychotherapist and Episcopalian minister, but he drew on ancient spiritual traditions from far and wide as well as modern psychological wisdom and practices. His work synthesises Western psychology and Eastern philosophy in a powerful, accessible and modern way that anyone can use for their development.

For over twenty years Sophie Sabbage took Dr. Brown's work into corporate companies through her company Interaction – from British Airways to Unilever and the NHS. She is still a Senior Trainer with the educational charity he co-founded, in which she teaches people from all walks of life how to engage with their lifeshocks.

Since her diagnosis she has been delivering talks and workshops to cancer patients to empower them to listen to the lifeshocks that this brutal disease delivers in ways that empower them mentally and emotionally. She is the author of the bestseller, *THE CANCER WHISPERER*.

Sophie lives in Kent with her husband John and daughter Gabriella. She is available for interview.

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